

## Clay County Health Department News

### Public Health Week – A Quick Look at the Past



Florida's subtropical climate and healthful recreational facilities were mentioned often in early issues of HEALTH NOTES.

National Public Health Week, celebrated the first week in April, has as its theme "Help a Healthier America Begin Today".

Back in the 1890s, Florida was lauded as a healthful place to visit. At that time, Florida became a Mecca for many people who suffered from consumption. As the mild climate of the state became more widely heralded, more and more people came to Florida "for the season". Visitors came down to "take the waters" in Green Cove Springs.

Along with our climate, Florida's tropical crops promoting better nutrition were a draw. In 1986, the Florida Health Notes noted the following as a nutritious way to "good health and vigor:" *"Let every summer dweller in Florida of bilious temperament provide himself a stock of good lemons and every morning and at least half hour before breakfast, take the juice of half or whole one in a*

*pint of water without sugar... do not neglect it for a single morning until you begin to feel the reinvigorating effects of the approaching autumn frost and we will with reasonable prudent living, in other respects, almost guarantee you good health and vigor all summer."*

Florida remains a destination state and Clay County was ranked as the sixth healthiest county in Florida, according to the 2012 County Health Rankings Report. The Clay County Health Department and our community partners continue working to ensure that we not only attract visitors, but businesses looking for the right business mix, which includes a skilled and healthy work force.

### Rabies Educational Opportunity Available

Clay CHD Environmental Health and Epidemiology staff has been providing the most up to date rabies and animal bite prevention information to local veterinarians and staff. This offering is in partnership with Clay County Animal Care and Control. A one hour rabies presentation with free continuing veterinarian medical education is provided by trained Clay CHD staff. Further information highlights animal bite prevention, reporting, animal quarantine and testing for rabies. A copy

of the *Rabies Prevention and Control in Florida for 2012* is given to each veterinarian. Please contact Connie Wolfe at (904) 529-2852.

### April is STD Awareness Month

The Florida Department of Health and the Clay CHD announce the Sexually Transmitted Diseases (STD) 3T's Awareness Campaign to prevent the spread of STD infection.



### The 3T's to prevent the spread of STDs:

- Talk:** Talk to your partner and your health care provider about risk factors, safer sex methods and testing
- Test:** Make an appointment for STD testing
- Treat:** Treat the disease and avoid additional health problems

Undiagnosed and untreated STDs may cause long term health effects including infertility, low birth weight in babies, pelvic inflammatory disease (PID), neurological (brain) damage and the spread of infection to others. Many people do not know they



Nancy Mills, Administrator

# Clay Community Health Happenings

April 2012

cont'd

are infected because they have no symptoms or health problems.

STDs are treated with medication and are curable. The only way to identify an STD infection is to see your healthcare provider and get tested.

Resources:

[http://www.doh.state.fl.us/Disease\\_ctr/std/awareness\\_month/std\\_awareness.html](http://www.doh.state.fl.us/Disease_ctr/std/awareness_month/std_awareness.html)

<http://www.inspot.org/Florida>

<http://www.cdc.gov>

<http://www.ashastd.org/>

[www.FACEitFlorida.com](http://www.FACEitFlorida.com)

## Health Department Participates in Organizational Network Analysis

The Health Department is partnering with the Florida Department of Health Office and Health Statistics and Assessment; Columbia University School of Nursing; and Florida State University on an organizational network analysis (ONA). Funded by the Centers for Disease Control and Prevention, the project will help improve public health performance by translating management evidence to public health managers. ONA is a technique for performance evaluation which helps managers understand complex interactions between employees, tasks, knowledge and resources. The analysis is

a diagnostic tool that will help detect patterns, clarify needs and offer interventions to improve the flow of information within the department. "Our current environment is challenging," Nancy Mills, Health Department Administrator explains. "Public health science and practice is changing, we are challenging our work force with new ideas and reduced resources. Because the success or failure of any organization depends on internal interactions, it is important for my management team and me to understand the internal dynamics of our organization. We expect by participating in this project we will be able to maximize information flow and efficiently communicate within and across programs." The Health Department began this project this month and will conclude in the fall.

## Area Health Departments Work Together On Training Exercise

On March 30<sup>th</sup>, Health Department Preparedness Staff Leigh Wilsey and David Pollard teamed up with Regional Preparedness Staff to evaluate the Flagler County Health Department Shelter Full-Scale Exercise. The situation was a simulated train derailment involving a chemical release. Key players in this event were the Flagler County Health Department, Flagler County Emergency Management and other

Flagler County community partners.

Our staff evaluated the participants' performance in several areas, including a drive-thru triage system for the shelter. At the triage site, Flagler staff was evaluated for how they handled various medical problems, language barriers and highly emotional residents. Another key component to the exercise was testing how critical information flowed between emergency responders. Various means of communications were evaluated during the event through and between the players. All observations will be included in an "After Action Report" to Flagler County as part of their continuing process to improve response capabilities.

Not only will emergency response efforts in Flagler County be improved through this exercise, but Clay CHD evaluators will bring this valuable experience to the table for Clay County planning efforts. This is a perfect example of the partnership between area county health departments to assure the health and safety of Northeast Florida residents and visitors.



Clay County Health Department  
PO Box 578  
Green Cove Springs, FL 32043-0578  
904-529-2800